

Abstract

- Title:** The effect of aerobic training in patients with systemic sclerosis – literature review
- Objective:** Main aim of this diploma thesis is to evaluate the effect of aerobic training in individuals with systemic sclerosis, to assess whether aerobic training has an impact on quality of life of these patients, and find out which methods are used to assess aerobic fitness in these individuals. Furthermore, the work is focused on summarizing the existing knowledge about the disease itself.
- Methodics:** Thesis is written in the form of a systematic review according to the specified methodological parameters.
- Results:** Studies have shown that aerobic training or aerobic training in combination with resistant training has a positive effect on the aerobic capacity of individuals with systemic scleroderma, the trend to improve quality of life was found in all studies and the methods used to determine aerobic fitness in all studies were cardiopulmonary stress tests. In the case of three studies, a six-minute walk test was also evaluated, the results of which were determined in two studies as the primary values for determining the effectiveness of training.
- Keywords:** systemic sclerosis, scleroderma, physical exercise, aerobic exercise, aerobic training